WOMAN'S HERALD HOUSE-WIVES

Devoted to the Household, the Fashions and the Activities of Women.

MARY MARSHALL, Editor. DAILY DEPARTMENT OF THE **ECONOMY**

WASH-DAY LUNCHEONS

(Convright, 1915.)

HOROSCOPE.

Monday, April 5, 1915.

Those who read the stars find this

CALENDAR

WASHINGTON HERALD.

Address of the Woman's Editor of The Washington Herald.

Signs of Summer.

We are in the habit of laughing with With a little cold roast beef or lamb, emusement at the belief in signs held in mediaeval times. Our ancestors thought delicious dishes may be made in a jiffy, it is said, that humming birds froze to takes so much time to cook, a salad the branches of trees when winter came, and that the spring thawed them out and they started humming on their summer heat together a tablespoonful of butter way again. They looked longingly for two tablespoonfuls of good tomato catway again. They looked longingly for a sunless Ground Hog's day as a harbinger of early spring. They recognized dozens of signs, based usually on an unscientific knowledge of natural phenomena, at this time of year which helped them decide whether the spring was really started or not.

An appropriate salad could be of boiled. really started or not.

We begin studying botany nowadays white potatoes, sliced and warmed in a lot vinegar and oil dressing.

Savory mines of cold meat or poultry bits of stone from the boulders and This can be prepared in a chaing dish study geology on our childhood walks in the pantry if the kitchen must be left Biology is a beloved sport of the college clear for the washing. Melt a table-Biology is a beloved sport of the college work of almost every girl and boy. Chem- add to it a teaspoontal of onion juice. istry and physics are required studies that into this chopped meat of any cort. of the high school pupil. Yet, at the and meister it to the softness liked wonderful renwelcoins season of the with gravy saved from the roast or boil-

wonderful reawakening season of the tear. all of us become mediaeval.

Who does'nt watch for weather signs to the spring? Who doesn't ponder some at the last, If beef is used chopped ponder some at the last, If beef is used chopped ponder some at the last. beliefs as absurd as that concerning the poor, frozen little humming bird's comof builed carrots or beets and Spanish for the first of bottled carrots or beets and Spanish only remarkable resurge of vitality through nature is beyond science, beyond reason?

Gabbage and Cheese—This delicious dish may be prepared to all but the last touch the day before, but it must be baked on the one on which it is eaten, as its

Not so very far away there is a fresh chief charm is the freshening the last water pond, where, a few days ago, thousands of sea guils came for a dip. Each spring the gulls travel miles to take their bath in this pond. Naturally the inhabitants of the town near the point fulls of butter, some fine toasted bread-crumts, a little rich milk, and bake. Frankfurt sausages, heated thoroughly spring with the coming of the gulls for in boiling water, make a good flank for their ninual bath.

It would not take much imagination.

It would not take much imagination. tubs. much stretching of facts, to create a romantic, wholly unscientific story to account for the coming of the guil- to this particular pond. Just why they always. choose this one place in their migra- "The stars incline, but do not compeltion from South to North is inexplicable. But doubtless there are in the minds of the people who see them-even those the people who see them-even those an extraordinarily unlucky day, for minds fortified with much modern, sci- Mars, Mercury, Saturn and Uranus are entitic knowledge-many explanations for all in evil aspect. while this figure prevails it is held that unrest and discontent disturb even the prosaic and philosophical.

The seers counsel self-control and repredecessors. Spring, with its myriad predecessors. Spring, with its myriad verse conditions. Quarrels and misunderstandings are encouraged by the our imaginations working. We are almost ready to believe that black pepper will increase, owing to the general is taken from a forest of burned white with human hannings. pepper trees, that there are fairles and With human happiness.

While this period is pepper trees, that there are fairies and While this period is reckoned one sprites in the nodding wild flowers, and of the most terrible in its toll of life sprites in the nodding wild flowers, and of the most terrible in its toll of life in Europe, 1915 is destined to be a darting about the homeysuckles in May darting about the honeysuckles in May time of such broad enlightenment the purity and freedom to protunity cient. have just thused out from a long winter a new era. hap spent hanging frozen by the beak to i

IF YOU ARE TOO FAT,

Walking, Riding, Rowing, Swimming, and Dancing May Help

You Reduce.

to. Walk, tide, row, aware, bour or athing is difficult or "Ine spect" toolley riding, riding or carrage driving will place.

red to reduce the surplus weight

eliminated from the distary, because all

are needed to maintain the balance. Sweets should be lightly used. Fats need

not be omitted, as they are burnt up in the body and aid in burning other sub-stances. The fat that is made and ac-

cumulates in the body is made from every kind of food almost, but is chiefly

sade from starches and sugars. If these

last two are left out of the diet loss of energy and sickness will surely follow.

Dieting to reduce the flesh is always

dangerous proceeding unless it is regulated by an expert adviser. Cutting flown

the food intake one-quarter greatly drains on the reserve energy in the or-ganism and leaves one in a condition to

be suddenly and unexpectedly deprived of life. Real food and plenty of it give, one the physical ability to resist all in-

fections. Semi-starvation puts a person in a condition to be attacked by pneumonia and rheumatism.

For a little while a diminished diet

even a greatly reduced diet, is many

times of benefit. Troublesome digestive

wandering infections fatal to life.

MAYOR'S WALNUT-OIL

for either Hair or Beard

MAYOR WALNUT-OIL CO.

a judicious combination of increased ex- stiff. Bake for twenty minutes and

Religious difficulties are foreshadow silour fresh air promotes oxidaar. Foods are expliced, the struc-tismes themselves are expliced.

Ancient lore found this position of me all the time in the human there is too much fat, corre-

impart courage and justice, even though the sway of the stars inclines neist decrease the intake of fateds and at the same time eat to impulsive acts.
A scandal of nation-wide significance is indicated by the stars. This will afwhich are rapidly and cleanly fect residents living in the South. Persons whose birthdate it is have tion of other waste products. The hould nost valuable for this purpose are the augury of anxiety and eare that meats beef, foutton, all green vegetables, betther, relety, spinach, omone, fresh sensions are avoided.

Children born on this day probably sweet truits, such as baname, raisins, will have many ups and downs in life Girls may have careers of unusual atone or the contract of brend, biscuits, cakes, cereals.

No element of food should be entirely tainment. (Comright, 1915.)

TOMORROW'S MENU.

"He told her if she could not fancy the cold beef, to try a little with pickled onions."—Mrs. Gaskell.

BREAKFAST. Give and Bananas, Liver and Bacon,

LUNCHEON OR SUPPER. Creamed Lamb on Toast Hot Blacuit, Pruce Pudding, Tea.

DINNER.

times of benefit. Troublesome digestive conditions are often cured by dieting for four or five days or a week. It is positively injurious to health to prolong a pulp. Add a couple of tablespoonfuls fasting period beyond a week. If we take in less food than is needed to sup-

ply energy for our day's physical needs with a generous over supply (about 18 per cent) for reserve or emergencies, we will deterioriate in strength and resistance and expose ourselves to dangers of wandering infections fact. of wandering infections fatal to life.

It is possible in the majority of cases ful of vanilla and the prunes and of obesity to safely reduce the weight by then add the four egg whites, beaten

ercise and a careful rational diet under serve hot. Cream tomato soup-This is an easy way to make delicious cream tomato three-quarters of a can of tomatoes with two slices of onions, a bay leaf and salt and pepper to taste. Then add three-quarters of a teaspoonful of baking soda and mix in with an egg beater. When the fronting stops, add a quart of hot milk, thicken with a tablespoonful of butter rolled in two teaspoonful of four, bring to the boiling point, strain and serve at once.

Smart shirtwaist of striped silk or linen, with shoulder yoke and long sleeves, finished with cuffs of contrasting material. It closes at the front below a V-shaped neck. Average size with 3-5 yard white organdic for collar, revers and cuffs.

Pictorial Review Patterns

Boot. Wass. 282? Wyasselle Kas sas Gily. Mo.: 6.5.4. don, England.

'HATS THE PARISIENNE IS WEARING'



To top the Louis Philippe bodice Evelyne Varon makes a Directoire hat of blue horsehair, banded in very narrow rows of pink cyclamen ribbon, and adds a pink ostrich fantasie.

To her close-fitting toques of silk or straw Evelyne Varon gives the effect of breadth and height by adding at the back an immense bow of black faille ribbon with

THE TEA DANCE GIRL

For the young girl Evelyne Varon shows this hat of navy blue picot straw, banded and bowed in faille rib- nating some of the scenes and linesbon of the same shade and worn jauntily at the right which goes to snow that it was no side, extinguishing the right eye.

FAMOUS WOMAN BIRTHDAY AND YOURS

April 5-Emma Anne Paters

Emma Anne Paterson, who was born in London, April 5, 1843, is famous as the organizer of trades unionism for women in England. She was the daughter of Henry Smith, the head-master of the schools of St. George's parish, London. She early became in-terested in trades unionism for men and on reaching maturity became sec-retary of the Woman's Suffrage Asso-clation. In 1873 she married Thomas Paterson, a cabinet-maker and wood-carver of Scotch origin. He had de-voted his leisure time to the study of economic questions and was the leader of a prominent working men's club in

After their marriage Mr. and Mrs. Paterson went to the United States where Mrs. Paterson was deeply inter-ested in the beginnings of trade unested in the beginnings of trade unionism for women that she found in
this country. On her return to England she founded a "Protective and
Provident League for Women" there
on lines similar to those she had studied in this country. It was especially
suggested by the Female Umbrella
Makers' Union that she had found in
existence in New York. She became
honorary president of the National
Union of Working Women. Trade unions were founded in England under
her direction among the upholsterers,
shirtmakers, tailoresses and dressmakers. In all the work that Mrs. Paterson accomplished she was aided and son accomplished she was aided and inspired by her husband. (Coperight, 1903.)

Tempest in a Teapot.

Massachusetts people now staying in Atlanta, Ga, were interested spectators of a tempest in a teapot there last week, caused by the announcement of a stock company of players that "Uncle Tom's Cabin" was to be presented. A few days after the an-nouncement the Daughters of the Confederacy urged the city officials to forbid the presentation of the play, saying that "the play had caused trouble before and now in times of peace it was a pity to risk it." A satisfactory compromise was arranged by changing the name of the p which goes to show that it was no

How to be Healthy

The Joy of Physical Efficiency.

Owing to the power of Saturn many is true freedom. No man owns your resistance, persons who are subjects of Capricorn thought. You are free.

will go through severe experiences,

The rising position of Neptune in-dicates Socialistic agitation and ag-gression on the part of radicals, who cises the trees, the plants and every liv-gression on the part of radicals, who aters are not well-aspected today, where one has been. The There is a prediction that an accident living and the necessity fowill cause loss of life in a crowded clee the birds and animals.

What is life for? bedy clogged with waste or with fall for development, for growth of the and its life is shortened. ed for far Western States as well as individual soul, then why not make for Eastern cities. Politics will be affected by church affiliations in Utah, for which it was created?

You admire the roses in the cheeks of your child. Why not have them in your feeted by church affiliations in Utah, for which it was created?

sunsaine, nourishing tood, and clothing, exercise, simple, nourishing tood, fresh Take a pride in its beauty as well as its air, not only around you, but in your strength. Then be glad you are living, lungs, sunshine and a cheerful disposition, as you demand freedom of thought, you to the low of physical efficiency? It is even strength. as you demand freedom of thought, you

DAILY FASHION HINT.



On Sale at S. KANN, SONS & CO.

chance to love and to serve." readily. You will accomplish the thing Just to stand in the open—to draw a which you have made your business in

who are subjects of Capricorn thought. You are free.

Clean your house every day by flushthrough severe experiences.

Go out for a run, or a dip, if you have ing every part of your body with pure

OU ARE TOO FAT,

the seers declare, but all who are strong in enduring trials will reap before breakfast, in the pure morning large rewards.

This is not an auspicious day for beginning Journeys and railways are to be avoided even more than the sea.

The rising position of Neutron in the sea.

The rising severe experiences, the opportunity, in the lake, river or sea blood. Set all the waste of your body with pure in the case, river or sea blood. Set all the waste of your system before breakfast, in the pure morning free by deep breathing of oxygen, then air, Use yourself. Use every muscle of your body with pure in the pure morning free by deep breathing of oxygen, then air, Use yourself. Use every muscle of your body.

The rising position of Neutron in the pure morning free by deep breathing of oxygen, then air, Use yourself. Use every part of your body with pure in the opportunity, in the lake, river or sea blood. Set all the waste of your system before breakfast, in the pure morning free by deep breathing of oxygen, then air, Use yourself.

The rising position of the pure morning free by deep breathing of oxygen, then air, Use yourself.

The rising area of the pure morning free by deep breathing of oxygen, then air, Use yourself.

The rising position of the pure morning air, Use yourself.

The rising area of the pure morning air, Use yourself.

The rising area of the pure morning air, Use yourself.

The pure morning in the pure morning air, Use yourself.

The pure morning is the pure morning

will criticize certain policies of Presiling thing growing from the earth. A
good brisk wind breaks off a few
branches, but two new ones sprout
living and the necessity for food exerliving and the necessity for food exer-You cannot get efficient work out of

You admire the roses in the cheeks of the structure of the st

> yours if you earn it and the beauty of it is you enjoy the process. Just take the

Answers to Correspondents. Miss Cocroft will endeavor to answer all questions relating to her department as promptly as possible. As it will not

be practicable to print an answer to every inquiry, a stamped envelope should accompany each letter. All letters should be addressed to Miss Susan na Cocroft, care of this paper. How Can Women Stop Warf Mrs. R. writes: "What can we women o to stop this war?"

Write Miss Jane Addams, Hull House Chicago. She is at the head of a move-ment to form woman's peace parties in every civilized country. The object is to educate public sentiment to demand the cessation of hostilities. Do every-thing you can to start this public sentiment in your locality. Miss Addams will

How to Get Poise.

Miss S. writes: "Please tell me how I You should make no effort to walk on he balls of your feet. If you make the fort to do se you will be self-conscious nd affected.

Learn to get your poise so that the weight is balanced over the instep. The weight should rest on the entire foot. It s a mistake to try to learn to walk before one learns to stand properly; you are apt to get a stilted, affected walk if you do. Try to establish your poise evenly over the arch of the foot, as di-rected above, and I will give you directions for walking, later, in these col-(Copyright, 1915.)

HE FINDS PERFUME'S

PLACE IN SURGERY

That the nausea which so often fo lows the administration of an anaesthetic is in most cases caused by the smell is of New York, advances in the Medical Record. He says that, acting upon this theory, he has succeeded in preventing this nausen "by substituting some pleas-ant odor for the offensive smell."

Fetching Gowns at St. Augustine Dancing is one the chief diversions at the Alcazar, St. Augustine, and many of the fetching gowns designed in New York make their initial appearance at these functions, patronized by young, old and middle-aged, but with the youthful element predominating. They inaugurate, in fact, the gowns for the "tea dance girl."

The frilly dance frock seems to be the favored thing—a beautiful creation of soft taffeta and cloudy net in white, haby blue or pink, elaborated with lace or embroideries. An exception to the general rule is illustrated in the sketch, which is of Cleopatra green tulle mounted over white net, which, in turn, is trimmed with bands of silver lace.

As worn by a stately blonde, whose alabaster beauty is not unknown to the drawings-rooms of New York, the gown created a veritable sensation the other evening, for with the green of the tulle, the silver of the embroidery and the billowy underflounces of white

tient to be anaesthetized, the unwrapped invariable, for the petfume does not preend projecting beyond the tip of the nose ent some persons from vomiting. Dr. about as far as the mouth; the tab of adhesive plaster is stuck to the upper part of the nose. On the end projecting beconsults his patients' preferences. mmediately after the anaesthetic is with drawn, the head being then elevated and turned to one side.

To Confuse Her Husband.

Louise Clesser Hale admits cheerfully that she is 42, and says that is the only ant odor for the offensive smell."

Dr. Lumbard makes a roll of gauze of eight or ten thicknesses, about two inches long and half an inch wide. He wraps about two-thirds of the roll in adhesive plaster, leaving a tab of the plaster free. He places the roll on the nose of the pa-

Children to Be Cared for By "Mothers-by-Choice"

So Says Dorothy Canfield Fisher, Who Asks: "Why Should . the Word 'Teacher' Always Mean a Childless Spinster?"

"I think the children of the world ulti-mately will be gathered together in small groups for most of the day, cared for by lives a great part of his life and a very scientifically trained mothers-by-choice, who benefit not only their little ones, his home and his mother. The home but the whole of the human race by has become a meeting place — no longtheir natural fitness for their undertaker a place where the family lives toing." This is the sentiment expressed recently by Dorothy Canfield Fisher, the

"If society ordains that children shall

she said, "nowadays actually absorbs world should there he at tacit under-the energies of a woman only during the babyhood of each child, which in the a childless spinster? Why should not case of the average small family means the real 'born' mothers become teach only a very few years out of the sixty ers? Those of us who have a passion or seventy which the mother lives. We for maternity should devote ourselves or seventy which the mother lives. We for maternity should devote ourselves have not left to us the necessary domestic activities of our great-grandmothers, under the present narrowly parochial sysmore perfectly equipped school are tak- dren of our own family."

A novel fire escape is in use in a school in Tropico, Cal., and the chilafter school hours. It consists of chute of heavy galvanized sheet iron extending from the fire escape balcony, on the second floor, to within three feet of the ground, a drop of about forty feet.

dren drop, usually on their feet; at any rate, the fall is broken and they tumble into the sand without any great amount of jar. Half a dozen children can be sliding down at one lime without any great amount of jar. Half a dozen children can be sliding down at one lessie Ashley, law

slide for the boys and a slide for the girls. In a fire drill the upper sops thrown to them by the dominant story was emptied in an amazingly sex to keep them quiet. She just pooh-short time, as the children have become so accustomed to its use dur-to pay your husband's bills or alimony ing play hours that there is no con-comes under the head of privilege.

important part of his life away from his home and his mother. The home

cently by Dorothy Canfield Fisher, the famous student of the Montessori method in education.

"The profession of being a mother."

"If society ordains that children shall leave the amateur home for the professional school, why should not the mothers travel there after them? Why in the

Fun with a Fire Escape.

by being allowed to play on it

fusion or delay in the descent .- The

They Won't "Lick Off."

Mrs. Ingeborg Hansell, living in Orange, N. J., makes for children gayis of a orange. N. J., makes for children gay-eet iron by painted toys, warranted not to "lick off." These toys are so much in demand that all she makes are readily bought up by dealers. She has four There is a sand pile at the bottom of each chute, into which the chilyet finds time to decorate the latte

Sops. Not Privileges.

Jessie Ashley, lawyer and member of There are two slides in this school of New York University, thinks that women have no privileges, but only



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